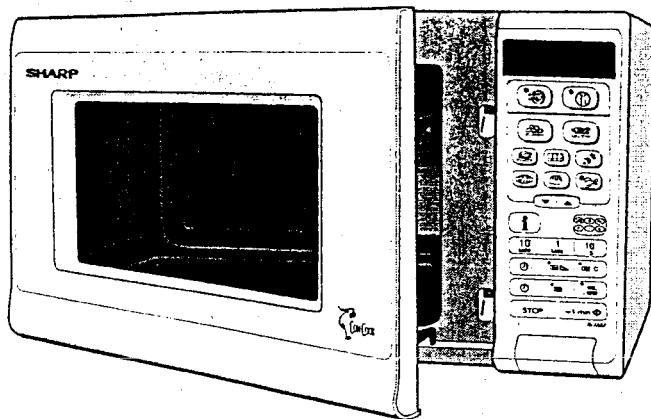


SHARP

Important



**R-7A57
MICROWAVE OVEN
WITH GRILL & CONVECTION**

OPERATION MANUAL



900W (IEC 705)

ENGLISH

CONTENTS

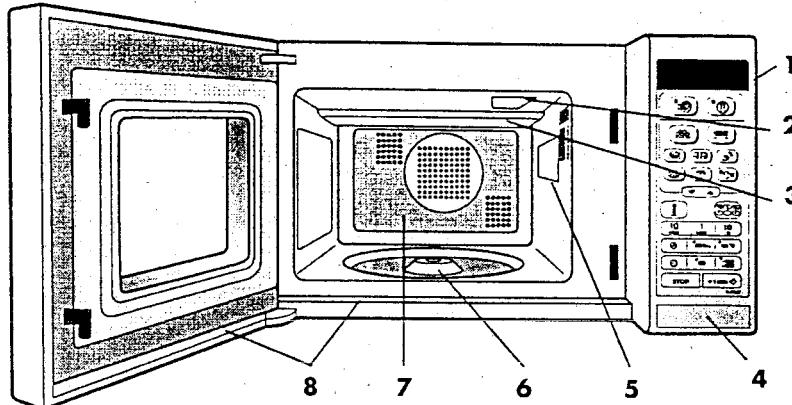


OVEN AND ACCESSORIES	2
CONTROL PANEL	3
IMPORTANT SAFETY INSTRUCTIONS	4
INSTALLATION	6
MICROWAVE POWER LEVEL	6
BEFORE OPERATION	7
SETTING THE CLOCK	7
MANUAL OPERATION	8
CONVECTION COOKING	8
GRILL COOKING	10
DUAL COOKING	10
MULTIPLE SEQUENCE COOKING	11
AUTOMATIC OPERATION	12
SNACK KEYS	13
SNACK CHART	13
POTATO KEY	14
POTATO CHART	14
INSTANT ACTION	15
INSTANT ACTION CHART	15
OTHER CONVENIENT FUNCTIONS	18
LANGUAGE KEY	20
INFORMATION KEY	20
CARE AND CLEANING	21
SERVICE CALL CHECK	21
SPECIFICATIONS	22

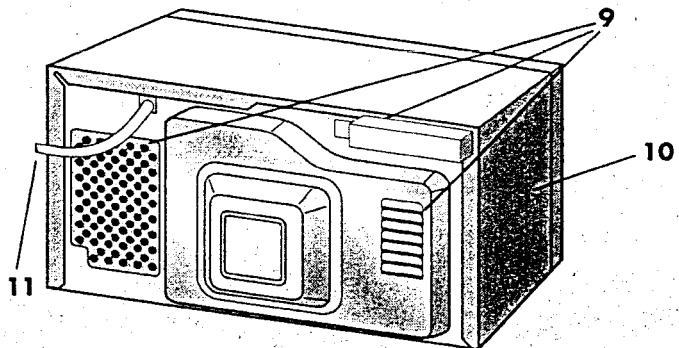
ENGLISH



OVEN AND ACCESSORIES



- 1 Control Panel
- 2 Oven Lamp
- 3 Grill heating element
- 4 Door Opening Button
- 5 Waveguide cover
- 6 Coupling
- 7 Oven cavity
- 8 Door seals and sealing surfaces
- 9 Ventilation openings
- 10 Outer cabinet
- 11 Power cord



ACCESSORIES:

Check to make sure the following accessories are provided:

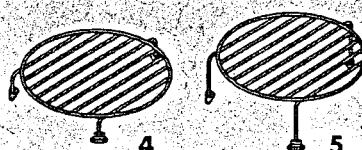
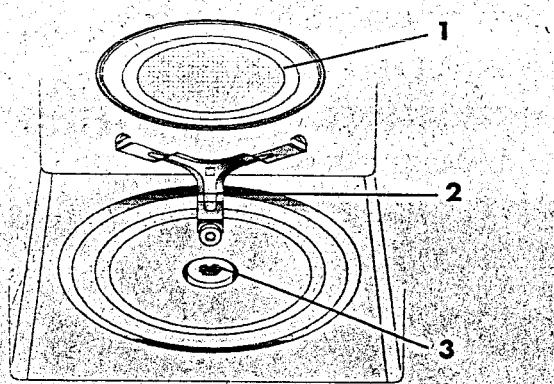
Cookbook

- 1 Turntable
- 2 Roller stay
- 3 Coupling
- 4 Low Rack
- 5 High Rack

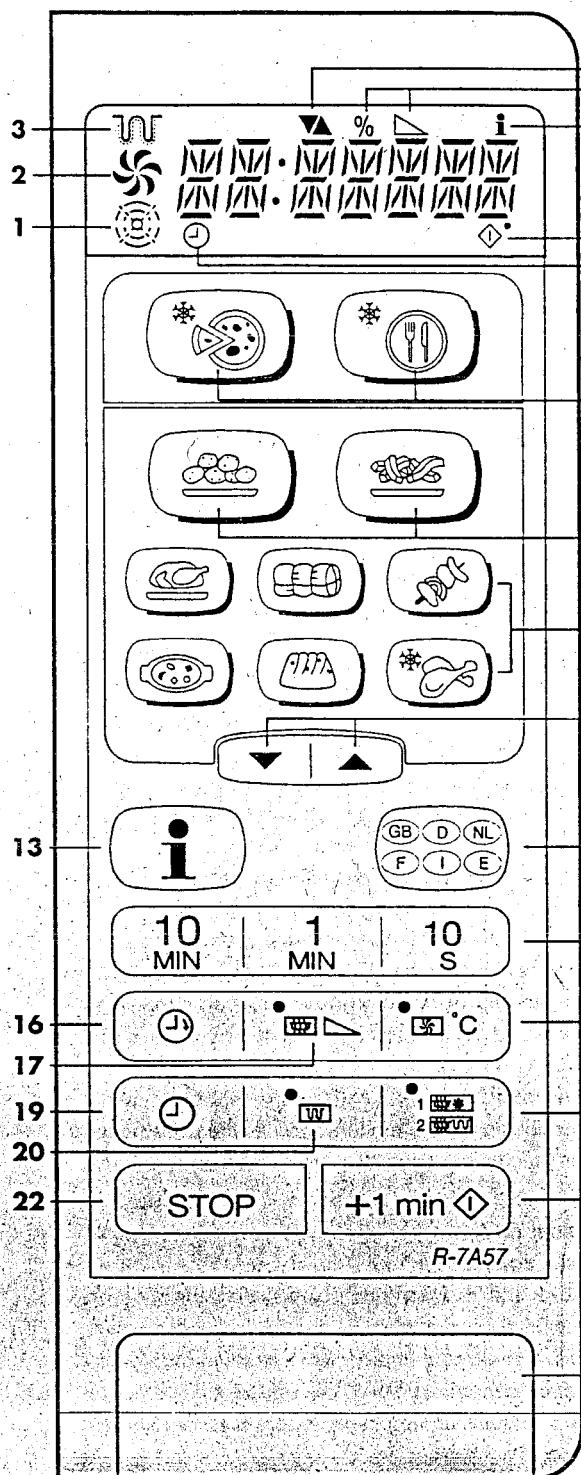
Place the roller stay on the coupling on the floor of the cavity.

Then place the turntable on to the roller stay.

NOTE: When you order accessories, please mention two items: part name and model name to your dealer or SHARP authorised service agent.



CONTROL PANEL



DISPLAY AND INDICATORS

Check indicators after the oven starts to confirm the oven is operating as desired.

1 MICROWAVE/DEFROSTING indicator

2 CONVECTION indicator

3 GRILL indicator

4 MORE or LESS indicator

5 POWER LEVEL indicator

6 INFORMATION indicator

7 COOKING indicator

This indicator shows cooking in progress.

8 CLOCK indicator

OPERATING KEYS

9 PIZZA/SNACK keys

10 POTATO keys

11 INSTANT ACTION keys

12 LESS (▼) / MORE (▲) keys

13 INFORMATION key (see page 20)

14 LANGUAGE key

15 TIME keys

16 MINUTE TIMER/HOLD key

17 MICROWAVE POWER LEVEL key

18 CONVECTION key

19 CLOCK SETTING key

20 GRILL key

21 DUAL COOK key

22 STOP key

23 MINUTE PLUS/START key

24 Door open button

ENGLISH



IMPORTANT SAFETY INSTRUCTIONS

To avoid the danger of fire

The microwave oven should not be left unattended during operation. Power levels that are too high or cooking times that are too long may overheat foods resulting in a fire.

In cases where the oven is to be installed into a kitchen cabinet, the installation frame EBR-4500 (B)/(W) licensed by SHARP must be used. This is available from your dealer. Refer to the frame installation instructions or ask your dealer for the proper instruction procedure. Only the use of this frame will guarantee the safety and quality of the product.

The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.

The AC power supply must be 230V, 50Hz, with a minimum 16A distribution line fuse, or a minimum 16A distribution circuit breaker.

It is recommended that a separate circuit serving only this appliance be provided.

Do not place the oven in areas where heat is generated. For example, close to a conventional oven.

Do not install the oven in an area of high humidity or where moisture may collect.

Do not store or use the oven outdoors.

If food being heated in the oven begins to smoke, DO NOT OPEN THE DOOR. Turn off and unplug the oven and wait until the food has stopped smoking. Opening the door while food is smoking may cause a fire.

Use only microwave-safe containers and utensils.

See corresponding hints in the included cookbook.

Do not leave the oven unattended when using disposable plastic, paper or other combustible food containers.

Clean the waveguide cover, the oven cavity, the turntable and roller stay after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.

Do not place flammable materials near the oven or ventilation openings.

Do not block the ventilation openings.

Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.

Do not use the microwave oven to fry oil or heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.

To make popcorn, use only special microwave popcorn makers.

Do not store food or any other items inside the oven.

Check the settings after you start the oven to ensure the oven is operating as desired.

Use this operation manual and the included cookbook together.

To avoid the possibility of injury

Do not operate the oven if it is damaged or malfunctioning. Check the following before use.

- a) The door; make sure the door closes properly and ensure it is not misaligned or warped.
- b) The hinges and safety door latches; check to make sure they are not broken or loose.
- c) The door seals and sealing surfaces; ensure that they have not been damaged.
- d) Inside the oven cavity or on the door; make sure there are no dents.
- e) The power supply cord and plug; ensure that they are not damaged.

Do not try to adjust or repair the oven yourself. The oven must be adjusted or repaired only by an authorised SHARP service agent.

Do not operate the oven with the door open or alter the door safety latches in any way.

Do not operate the oven if there is an object between the door seals and sealing surfaces.

Do not allow grease or dirt to build up on the door seals and sealing surfaces. Follow instructions for "Care and Cleaning", Page 14.

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

To avoid the possibility of electric shock

Under no circumstances should you remove the outer cabinet.

Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call an authorised SHARP service agent.

Do not immerse the power supply cord or plug in water or any other liquid.

IMPORTANT SAFETY INSTRUCTIONS



Do not let the power supply cord hang over the edge of a table or work surface.

Keep the power supply cord away from heated surfaces.

Do not attempt to replace the oven lamp yourself or allow anyone who is not an electrician authorised by SHARP to do so. If the oven fails, please consult your dealer or an authorised SHARP service agent.

If the power supply cord of this appliance is damaged, it must be replaced with a special cord (FACCVA003WRK1). The exchange must be made by an authorised SHARP service agent.

To avoid the possibility of explosion and sudden boiling

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.

Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

Never heat liquids in narrow necked containers such as baby bottles, as this may result in the contents erupting from the container when heated and cause burns.

To prevent sudden eruption of boiling liquid and possible scalding:

1. Stir liquid prior to heating/reheating.
2. It is advisable to insert a glass rod or similar utensil into the liquid whilst reheating.
3. Let liquid stand in the oven at the end of cooking time to prevent delayed eruptive boiling.

Do not cook eggs in their shells. They may explode. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

Use pot holders or oven gloves when removing food from the oven to prevent burns.

Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns.

Always stand back from the oven door when opening it to avoid burns from escaping steam and heat.

Slice stuffed baked foods after heating to release steam and avoid burns.

To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly. Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.

The door may become hot during cooking, **PLACE OR MOUNT THE OVEN SO THAT THE BOTTOM OF THE OVEN IS 85CM OR MORE ABOVE THE FLOOR.** Keep children away from the door to prevent them burning themselves.

Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, ventilation openings, accessories and dishes during **CONVECTION, GRILL, and DUAL modes** as they will become hot.

Before cleaning make sure they are not hot.

To avoid misuse by children

Children should use ovens only under the supervision of adults.

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.

Children should be taught all important safety instructions: use of potholders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.

Other warnings

Never modify the oven in any way.

Do not move the oven while it is in operation.

This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.

To promote trouble-free use of your oven and avoid damage.

Never operate the oven when it is empty. Doing so may damage the oven.

When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and roller stay due to heat

ENGLISH



IMPORTANT SAFETY INSTRUCTIONS

stress. The preheating time specified in the dish's instructions must not be exceeded.

Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.

Use only the turntable and the roller stay designed for this oven.

To prevent the turntable from breaking:

(a) Before cleaning the turntable with water, leave the turntable to cool.

(b) Do not put hot foods or hot utensils on a cold turntable.

(c) Do not put cold foods or cold utensils on a hot turntable.

Do not use plastic containers for microwaving if the oven is still hot from using the CONVECTION, GRILL, and DUAL modes, as they may melt. Plastic

containers must not be used during above modes unless the container manufacturer says they are suitable.

Do not place anything on the outer cabinet during operation.

NOTE

If you are unsure how to connect your oven, please consult an authorised, qualified electrician.

Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.

Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.



INSTALLATION

1. Remove all packing materials from inside of the oven cavity. Remove all the protective film and the feature sticker from the outside of the oven door.
2. Check the oven carefully for any signs of damage.
3. Place the oven on a flat, level surface strong enough to support the oven's weight plus the heaviest item likely to be cooked.
4. Securely connect the plug of the oven to a standard earthed (grounded) household electrical outlet.



MICROWAVE POWER LEVEL

BEFORE COOKING - COOKING HINTS

The oven has an 'Information Display System' which offers you step-by-step instructions to easily guide you through each feature. You can get information in the desired language. The oven has an **INFO** key to obtain instructions for each key. (See page 20.)

There are six preset microwave power levels for your oven.

LEVELS	MICROWAVE POWER/DISPLAY	WATT
HIGH	100%	900
MEDIUM HIGH	70%	630
MEDIUM	50%	450
MEDIUM LOW	30%	270
LOW	10%	90
HOLD	0%	0

BEFORE OPERATION



Plug in the oven.

1. The oven display will flash:
2. Touch the **STOP** key the display will show:
3. Set the clock, see below.

Using the Stop key Use the **STOP** key to:

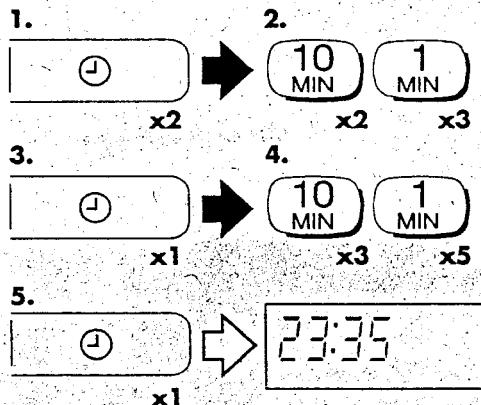
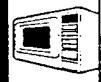
1. Erase a mistake during programming.
2. Cancel the **MINUTE TIMER**.
3. Stop the oven temporarily during cooking.
4. Cancel a programme during cooking, touch twice.

1. **PRESS** **STOP**

2. **STOP**

STOP

SETTING THE CLOCK



Example:

To set the 24 hour clock to 23:35.

1. To set the 24hr clock press the **CLOCK** key twice.
(To set the 12hr clock press the **CLOCK** key once.)
2. Set the hours.
3. Change from hours to minutes.
4. Set the minutes.
5. Start the clock
6. Check the display.

NOTE:

1. If the oven is in cooking or minute timer mode and you wish to know the time of day, touch the **CLOCK SETTING** key. As long as your finger is touching the key, the time of day will be displayed.
2. If the electrical power supply to your microwave oven is interrupted, the display will intermittently show **PRESS STOP** after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased. Simply reset the clock for the correct time of day.

ENGLISH



MANUAL OPERATION

With the manual operations, your oven can be programmed for up to 99 minutes, 90 seconds. When the operation of the oven is finished, the time of day will reappear on the display. If the clock is not set, the time will appear on the display.

Example:

Suppose you want to heat soup for 2 minutes and 30 seconds on 50% microwave power.

NOTE:

- When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the **MINUTE PLUS/START** key is pressed.
- If you miss your desired power level, continue touching the **POWER LEVEL** key until you reach the desired level again.
- If you wish to know the power level during cooking, press the **POWER LEVEL** key. As long as your finger is touching the **POWER LEVEL** key, the power level will be displayed.

If the level is not selected, the level 100% is automatically set.

1 MIN | 10 S

x2 x3

• x3

+1 min x1

2:30

Enter the desired cooking time (2 min. and 30 sec.)

Choose the desired power 50%.

Start to cook.

Check the display.



CONVECTION COOKING

You can programme your oven to cook one of ten different convection temperatures (250°C, 230°C, 220°C, 200°C, 180°C, 160°C, 130°C, 100°C, 70°C, 40°C).

Similar to **MICROWAVE** cooking the temperature is set by touching the **CONVECTION** key until the desired temperature appears in the display.

Example 1:

Suppose you want to cook at 200°C for 25 minutes.

NOTE:

Programmed temperature: If after the convection is started you wish to check the temperature you have programmed, simply touch the **CONVECTION** key. The programmed temperature will be displayed as long as the **CONVECTION** key is touched.

Example 1:

10 MIN | 1 MIN

x2 x5

• x4

+1 min x1

200 °C

Enter the desired cooking time (25 minutes)

Choose the cooking temperature. 200°C.

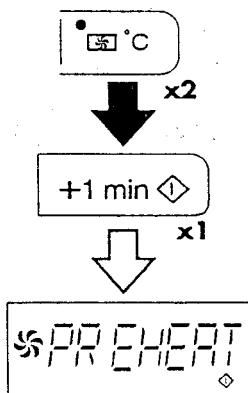
Start to cook.

Check the display.

CONVECTION COOKING



Example 2:



Choose preheating temperature. 230°C.

Start preheating.

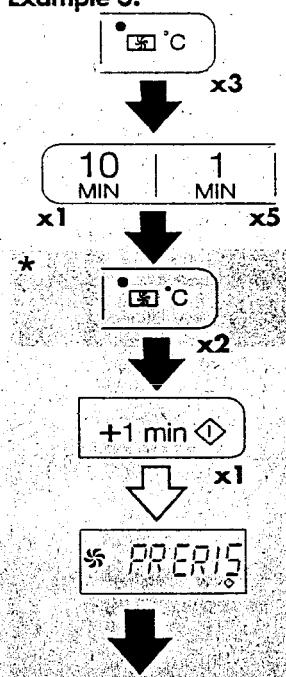
PREHEATING

Your oven doesn't need to be preheated. If you wish preheat for some specific recipes however, you may.

Example 2:

Suppose you want to preheat to 230°C.

Example 3:



Choose preheating temperature. 220°C.

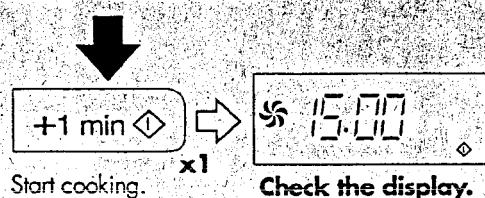
Enter the desired cooking time, 15 min

Choose cooking temperature, 200°C.
See NOTE 4.

Start preheating.

Check the display.
When preheating is over, *220°C will appear. See NOTE 5.

Open the door and place food in the oven. Then close the door.



Start cooking.

Check the display.

PREHEATING AND COOKING

Your oven can be programmed to combine preheating and cooking.

Example 3:

Suppose you want to preheat to 220°C and bake biscuits at 200°C for 15 minutes. Place the food in the oven after preheating.

NOTE:

1. When the oven reaches the programmed temperature, an audible signal will sound 4 times. The oven will then begin holding its temperature and will automatically stay at that temperature for 30 minutes.
2. You can select your desired oven temperature by touching the CONVECTION key until the desired temperature appears on the display.
3. Actual temperature
If after preheating has started you wish to check the actual oven temperature, simply touch the CONVECTION key. The actual oven temperature will be displayed as long as the CONVECTION key is touched. If the oven temperature is below 40°C at this time, *40°C will be displayed.
4. If you wish to preheat and cook at the same convection temperature, you can delete the step.
5. When the oven reaches the preprogrammed temperature, an audible signal will sound 4 times. The oven will then begin temperature holding operation. The oven will automatically hold at the temperature for 30 minutes.

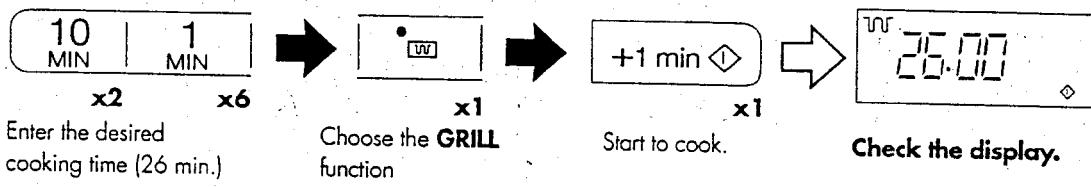
ENGLISH



GRILL COOKING

Example:

Suppose you want to cook beef steak (800g) for 26 minutes using the **GRILL** mode. Turn the beef steak over after 2/3rds cooking time.



NOTE:

With the first use of the grill mode, the grill heating element could smell and smoke. To prevent this operate the oven without food for approx. 10 minutes in the grill mode before the first use.



DUAL COOKING

There are two types of dual cooking modes. One is the dual cook mode by combination of microwave cooking and convection cooking. The other one is the dual cook mode by combination of microwave cooking and grill cooking. The total cooking time is generally shorter with dual cooking than with separate cooking.

- * If you want to adjust the microwave power, touch the **MICROWAVE** key. You can select up to 70% power.
- ** If you want to adjust the oven temperature, touch the **CONVECTION** key.

MICROWAVE POWER	OVEN TEMPERATURE	GRILL
• 1 2	10%* MICROWAVE / CONVECTION	250°C** OFF
• 1 2	10%* MICROWAVE / GRILL	OFF ON

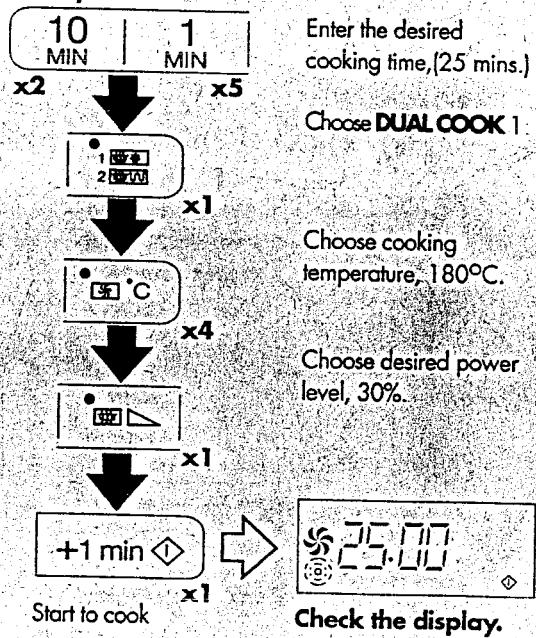
Example 1:

Suppose you want to bake a cake for 25 minutes on **DUAL COOK 1**, temperature 180°C and microwave power 30%.

NOTE:

1. Do not do two-layer cooking in **DUAL COOK** mode.
2. If after **DUAL COOK 1** has started you wish to check the temperature you have programmed, simply touch the **CONVECTION** key. The programmed temperature will be displayed as long as long as the **CONVECTION** key is pressed.

Example 1:

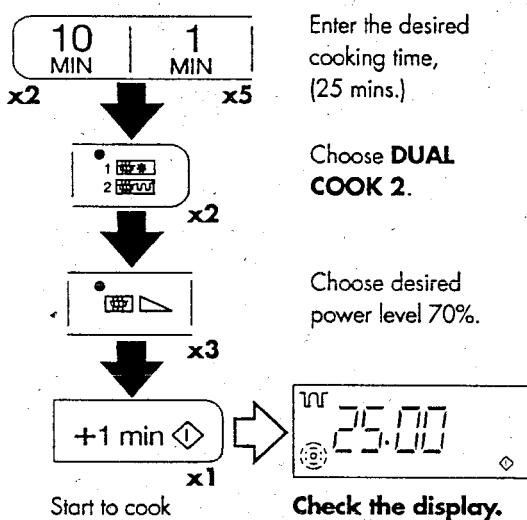




DUAL COOKING



Example 2:



Example 2:

Suppose you want to cook chicken legs for 25 minutes on DUAL COOK 2, microwave power 70%.

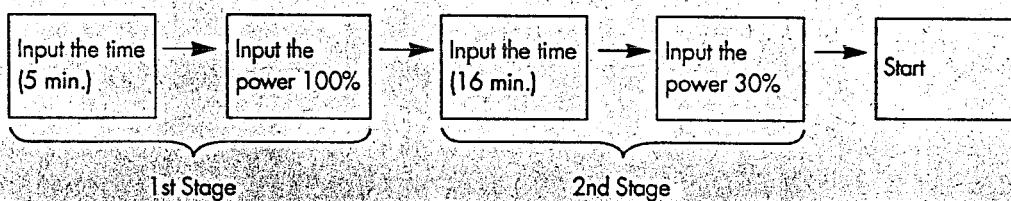
MULTIPLE SEQUENCE COOKING



A sequence of maximum 4 stages, consisting of manual cooking time and mode, can be set.

Example:

Suppose you want to cook rice for 5 minutes on 100% microwave power and then for 16 minutes on 30% power.



NOTE:

- To select the level 100% power in the final sequence, it is not necessary to touch the MICROWAVE POWER LEVEL key.
- If you input one of DUAL, GRILL or CONVECTION cooking whilst sequence programming, your sequence is restricted to 3 stages.
- If you input two of DUAL, GRILL or CONVECTION cooking whilst sequence programming, your sequence is restricted to 2 stages.



MICROWAVE POWER LEVEL key

ENGLISH



AUTOMATIC OPERATION

AUTOMATIC OPERATION automatically works out the correct cooking mode and cooking time. You can choose 1 **PIZZA** and 1 **SNACK** menu, 2 **POTATO** menus and an additional 6 **INSTANT ACTION** menus.

What you need to know when using this automatic function:

1. Weight or quantity input:

- The weight or quantity of the food can be input by touching each automatic operation key. The number of times you need to press the key corresponds to the weight or quantity of the food you are cooking. Instructions for inputting the weight are given in the cooking chart.
- Enter the weight of the food only. Do not include the weight of the container.
- For food weighing more or less than weights/quantities given in the cooking chart, cook using manual programmes.

2. Cooking times:

The programmed cooking times are average times. If you want to alter cooking times pre-programmed in the automatic operations, touch the **LESS** (▼) or **MORE** (▲) key. See Page 18 for details.

- For best results, follow cooking chart instructions.

3. To avoid children's misuse, each automatic operation key can be used only within 1 minute of a preceding operation.

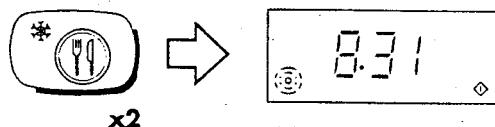
4. The final temperature will vary according to the initial food temperature. Check food is done after cooking. If necessary, you can extend the cooking time and the power level.

SNACK KEYS



The **PIZZA** and **SNACK** keys offer the possibility to cook quickly and easily soups, casseroles, and frozen ready meals (stirrable type) and frozen pizza.

Example: Suppose you want to cook 400g frozen ready meal.



Choose the **SNACK** menu and enter the amount. 0,4 will appear on the display.

After 2 seconds, the oven will start.
Check the display

SNACK CHART



Menu number 1.

Frozen Pizza

Quantity: 0.2 - 0.4 kg
Utensils: High rack
Units per press: 100g
Initial food Temp: -18°C



Procedure

- Remove the ready-prepared frozen pizza from the package.
- Place on the high rack.

Menu number 2.

Frozen ready meal

Quantity: 0.3 - 0.8 kg
Utensils: Casserole dish & plastic wrap or lid.
Units per press: 100g
Initial food Temp: -18°C
Menus: Tortellini, Tagliatelle, Chinese meals (stirrable type)



Procedure

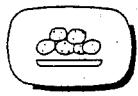
- Add some liquid if recommended by the manufacturer.*
- Cover with microwave plastic wrap or lid.
- Cook without a cover if the manufacturer instructs.
- When the oven stops and the audible signal sounds, stir and recover.
- After cooking, stir and let stand for approx. 1-2 minutes
- If the manufacturer recommends the addition of liquid to the ready meal, please take this into consideration when entering the weight to the snack programme. If the ready meal comes in a foil container, transfer into one suitable for microwaving.

ENGLISH

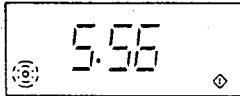


POTATO KEY

The **POTATO** key feature offers the possibility to cook Boiled potatoes, Jacket potatoes, and French-fried potatoes easily and quickly. Select the weight by pressing the potato key once for each 100g of weight.



x2



Choose the **POTATO** menu, and enter the amount, 0.2kg will appear on the display.

After 2 seconds, the oven will start.

Check the display



POTATO CHART

Menu number 1

Boiled Potatoes and Jacket Potatoes

Quantity: 0,1 - 0,8kg
Utensils: Bowl and Lid
Units per press: 100g
Initial food Temp: 20°C Room Temperature



Procedure

Boiled Potatoes

- Peel the potatoes and cut them into similar sized pieces, as required.
- Put them in a bowl.
- Add the required amount of water [per 100g, approx. 2tbsp] and a little salt.
- Cover with lid.
- When audible signal sounds, stir and re-cover.
- After cooking, let the potatoes stand for 1-2 minutes.

Jacket Potatoes

- Choose potatoes of similar size and wash them.
- Put them in a bowl.
- Add the required amount of water [per 100g, approx. 2tbs] and a little salt.
- Cover with lid.
- When audible signal sounds, stir and re-cover.
- After cooking, let the potatoes stand for 1-2 minutes.

Menu number 2

French fried potatoes

Quantity: 0,2 - 0,4kg
Utensils: China plate and high rack
Units per press: 100g
Initial food Temp: -18°C



Procedure

- Take the deep frozen french fried potatoes [recommended for conventional ovens], out of the package and place them on a china plate.
- Place the plate on the high rack in the oven.
- When audible signal sounds, turn over.
- After cooking, remove from the plate and put on a plate for serving [No standing time necessary].

NOTE:

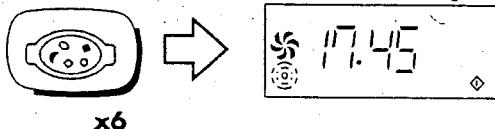
- The pan gets very hot during cooking. To avoid burning yourself, please use oven gloves for removing the pan from the oven.
- If thin type french fried potatoes are cooked, press the **LESS (▼)** key before pressing **POTATO** key.

INSTANT ACTION



The **INSTANT ACTION** feature calculates the correct microwave power and cooking time.

example: suppose you want to cook a 1.0 kg Gratin.



Choose the **INSTANT ACTION** menu and enter the amount. 1.0kg will appear on display.

After 2 seconds, the oven will start.

Check the display.

INSTANT ACTION CHART



Menu number 1.

Roast Chicken



Quantity: 0,9 - 2,0 kg

Utensils: Low rack

Units per press: 100 g

Initial food Temp: 5°C

Recommended

menus: Roast chicken

Ingredients for 1kg

roast chicken: 1/2 tsp. salt & pepper

1 tsp. sweet paprika

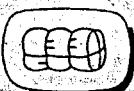
2 tbsp. oil

Procedure

- Mix the ingredients and spread on the chicken.
- Place the chicken on the low rack with breast side down.
- When audible signal sounds, turn the food over.
- After cooking, let stand for approx. 3 minutes.

Menu number 2

Roast Pork



Quantity: 0,6 - 2,0 kg

Utensils: Low rack

Units per press: 100g

Initial food Temp: 5°C

Recommended

menus: Roast rolled lean pork

Ingredients: 1 garlic clove, crushed

1 tbsp. sweet paprika

2 tbsp. oil

pinch cumin powder

1 tsp. salt

Procedure

- Using lean roast pork is recommended.
- Mix all ingredients and spread them on pork.
- When the audible signals sound, turn food over.
- After cooking, let stand wrapped in aluminium foil for approx. 10 minutes.

ENGLISH



INSTANT ACTION CHART

Menu number 3

Grilled skewers

Quantity: 0,2 - 0,8 kg.

Utensils: High rack

Units per press: 100g

Initial food Temp: 5°C

Recommended

menus: Assorted meat skewers



Procedure

- Prepare the grilled skewers referring to the attached SHARP cookbook.
- Place the skewers on the high rack.
- When the audible signals, sound, turn the skewers over.

Menu number 4

Gratin

Quantity: 0,5 - 1,5 kg.

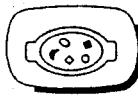
Utensils: Flat casserole dish & low rack

Units per press: 100g

Initial food Temp: 20°C

Recommended

menus: Broccoli and potato gratin with mushrooms.



Procedure

- Prepare the cake, referring to the attached SHARP cookbook.
- After baking, allow the food to cool for approx. 10 minutes.

Menu number 5

Cake

Quantity: 0,5 - 1,5kg

Utensils: Baking tin and low rack

Units per press: 100g

Initial food Temp: 20°C Room temperature

Recommended

menus: Gugelhupf (sponge and raisin cake),
Carrot cake



Procedure

- Prepare the cake, referring to the attached SHARP cookbook.
- After baking, allow the food to cool for approx. 10 minutes.

INSTANT ACTION CHART



Menu number 6. Easy Defrost

(Poultry)

Quantity: 0,9 - 2,0 kg.

Utensils: (See note below)

Units per press: 100g

Initial food Temp: -18°C



Procedure

- Put a plate up-side down on the turntable and place the poultry on it.
- When audible signal sounds, turn over.
- When audible signal sounds, turn over again.
- After defrosting, let stand wrapped in aluminium foil for 30-90 minutes, until thoroughly defrosted.

Menu number 6. Easy Defrost

(Chicken Legs)

Quantity: 0,2 - 1,0 kg.

Utensils: (See note below)

Units per press: 100g

Initial food Temp: -18°C



Procedure

- Put the chicken legs on a plate.
- When audible signal sounds, turn over and re-arrange.
- When audible signal sounds, turn over again.
- After defrosting, let stand wrapped in aluminium foil for 10-15 minutes, until thoroughly defrosted.

Menu number 6. Easy Defrost

(Steak Chops)

Quantity: 0,2 - 1,0 kg.

(approx 1,5 - 2cm thick)

Utensils: (See note below)

Units per press: 100g

Initial food Temp: -18°C



Procedure

- Position the food on a plate in a single layer with thinner parts to the centre. If portions are frozen together, try to separate as soon as possible.
- When audible signal sounds, turn over and re-arrange.
- When audible signal sounds turn over again.
- After defrosting, let stand wrapped in aluminium foil for 10-15 minutes, until thoroughly defrosted.

NOTE: Easy Defrost

- 1 Steaks, Chops and Chicken legs should be frozen in one layer.
- 2 After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
- 3 The poultry should be processed immediately after defrosting.
- 4 Arrange the food in the oven as shown:

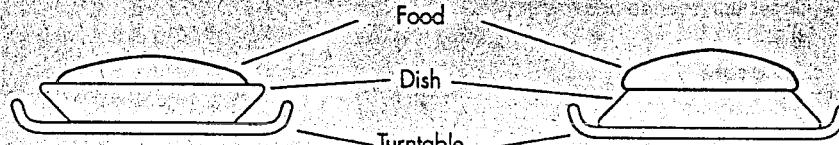
Chicken legs, Steaks and Chops

Poultry

Food

Dish

Turntable



ENGLISH



OTHER CONVENIENT FUNCTIONS

MINUTE PLUS/START key

The **MINUTE PLUS/START** key allows you to operate the following functions:

1. **Direct Start.** You can start to cook directly on 100% microwave power and in 1 minute steps by pressing the **MINUTE PLUS/START** key.
2. **Extending the cooking time.** You can extend the cooking time in multiples of 1 minute, by pressing the **MINUTE PLUS/START** key, during the cooking process.

+1 min ◇

MINUTE PLUS/START key

NOTE:

To avoid children's misuse, the **MINUTE PLUS/START** key can be used only within 1 minute after a preceding operation.

LESS (▼) / MORE (▲) key

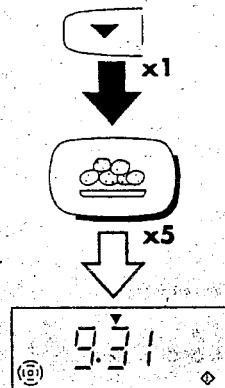
The **LESS** and **MORE** keys, allows you easily to increase or decrease programmed setting times used in automatic operations, or cooking time while operating.

Changing the pre-programmed time setting for Auto Cook programmes:-

Example 1:

Suppose you want to cook 0,5kg jacket potato using the **POTATO** key and decrease cooking time by touching the **LESS** key.

Example 1:



Choose the desired result (less cooked)

Choose the potato menu and enter the amount. 0,5kg will appear in the display.

After 2 seconds, the oven will start.
Check the display.

NOTE:

To cancel **LESS** or **MORE** setting, touch the same pad again.

To change **MORE** to **LESS** setting, simply touch the **LESS** key.

To change **LESS** to **MORE** setting, simply touch the **MORE** key.

Changing the time while operating:-

The cooking time can be decreased or increased in 1 minute steps each time the **LESS** and **MORE** keys are touched.

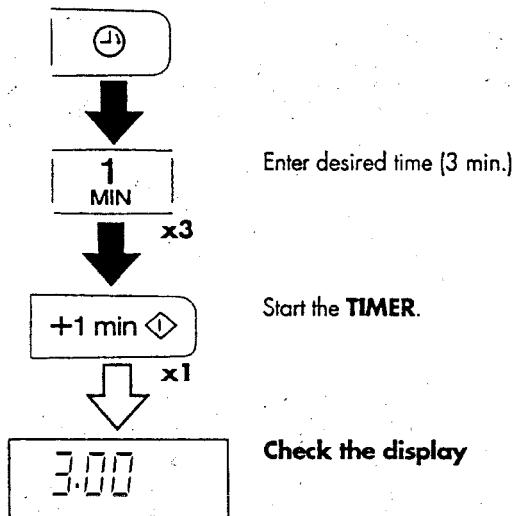
HINT:

The cooking time can be increased until the digital display shows 99 minutes.

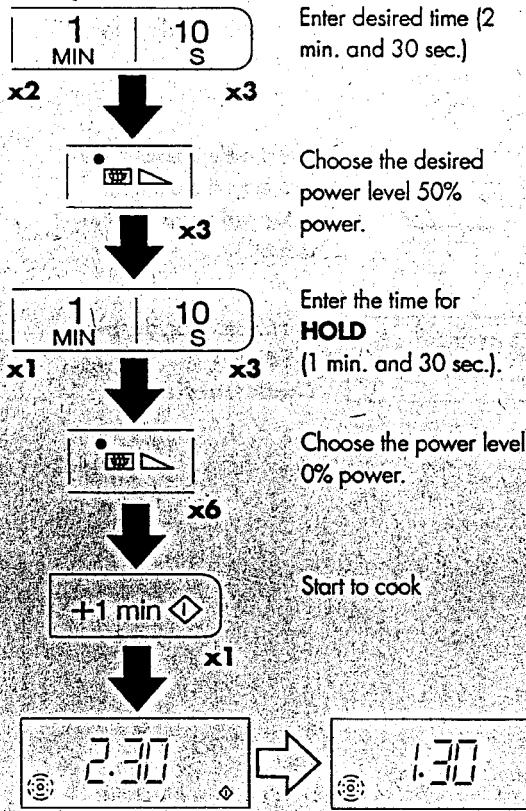
OTHER CONVENIENT FUNCTIONS



Example 2:



Example 3:



MINUTE TIMER

You can use this key as a timer for other things.

Example 2:

Suppose you want to time a 3 minute long distance phone call.

NOTE:

Any time up to 99 minutes, 90 seconds can be entered.

HOLD

As well as five power levels there is also a **HOLD** setting which allows you to leave food to stand at the end of the cooking period or during cooking. There is no microwave energy during the holding time.

Example 3:

Suppose you want to cook food for 2 minutes and 30 seconds on 50% power level as a first programme and then you want to leave the food to stand for 1 minute and 30 seconds on **HOLD** as a second programme.

NOTE:

HOLD cannot be programmed as the first sequence or used alone. If **HOLD** is used as the first sequence or alone, oven will begin counting down as a minute timer.

You can enter the **HOLD** facility for up to 99 minutes and 90 seconds.

During the **MINUTE TIMER/HOLD** operation, the power level indicator is not displayed.

ENGLISH



CARE AND CLEANING

CAUTION:

**DO NOT USE COMMERCIAL OVEN
CLEANERS, ABRASIVE, HARSH CLEANERS
OR SCOURING PADS ON ANY PART OF
YOUR MICROWAVE OVEN.**

Oven exterior

The outside of your oven can be cleaned easily with mild soap and water. Make sure the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Oven controls

Open the door before cleaning to de-activate the oven controls. Care should be taken when cleaning the control panel. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Oven Interior

1) For cleaning, wipe any splatters or spills with a soft damp cloth or sponge after each use while

the oven is still warm. For heavier spills, use a mild soap and wipe several times with a damp cloth until all residues are removed.

- 2) Make sure that mild soap or water does not penetrate the small vents in the walls which may cause damage to the oven.
- 3) Do not use spray type cleaners on the oven interior.

Turntable and Roller stay

Remove the turntable and roller stay from the oven. Wash the turntable and roller stay in mild soapy water. Dry with a soft cloth. Both the turntable and the roller stay are dishwasher safe.

Low Rack and High Rack

These should be washed in a mild washing up liquid solution and dried. High and Low racks are dishwasher safe.

Door

To remove all trace of dirt, regularly clean both sides of the door, the door seals and sealing surfaces with a soft, damp cloth.



SERVICE CALL CHECK

Please check the following before calling for service.

1. Power Supply

Check the power plug is properly connected to a suitable wall outlet.

Check the line fuse/circuit breaker is functioning properly.

YES _____ NO _____

2. When the door is opened, does the oven lamp light?

3. Place a cup of water (approx. 150 ml) in the oven and close the door. Programme the oven for one minute 100% power, start the oven.

Does the oven lamp come on?

YES _____ NO _____

Does the turntable rotate?

YES _____ NO _____

NOTE: The turntable turns in either direction.

Does the ventilation work?

YES _____ NO _____

(Place your hand over the ventilation openings and check for air flow.)

After 1 minute does the signal sound and cook indicator go off?

YES _____ NO _____

Is the cup with water warm after the above operation?

YES _____ NO _____

4. Take the cup out of the oven and close the door. Programme the oven for 3 minutes at 180°C.

After 3 minutes, is the inside of the oven hot?

YES _____ NO _____

5. Programme the oven for 3 minutes on **GRILL**, start the oven.

After 3 minutes does the grill heating element become red?

YES _____ NO _____

If you answer "No" to any of the above questions, call a Service Technician appointed by SHARP and report the results of your check. See inside back cover for details of address.

SPECIFICATIONS



AC Line Voltage	: 230V, 50Hz, single phase
Distribution line fuse/circuit breaker	: Minimum 16A
AC Power required:	
Microwave	: 1.55kW
Grill	: 2.55kW
Convection	: 1.30kW
Dual Microwave/Grill	: 2.75kW
Dual Microwave/Convection	: 2.85kW
Output power:	
Microwave	: 900W (IEC 705)
Grill	: 1.2kW
Convection	: 1.3kW
Microwave Frequency	: 2450MHz
Outside Dimensions	: 520mm(W) x 305mm(H) x 478mm(D)
Cavity Dimensions	: 342mm(W) x 195mm(H) x 357mm(D)
Oven Capacity	: 24 litres
Turntable	: ø325mm
Weight	: 23kg
Oven lamp	: 25W/230V

OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

This oven complies with the requirements of Directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC

ENGLISH